

## Private & Semi Private Lesson Information

The Private/ Semi-private swim lesson program offers swimming lessons, in a 6-lane, 25-yard heated pool, year-round for anyone who wants to perfect their skills in swimming.

- All ages are welcome. Individual needs are discussed and skills will be taught to meet those needs.
- Lessons are offered throughout the week at various times of the day and are 30 minutes long.
- Lesson Packages are available as well as individual lessons.
- To request Private or Semi-private swim lessons please complete a request form at the Front Desk by calling or coming in
- If your instructor is unable to teach a private or semi-private lesson, the lesson will be moved to the following week. The instructors will coordinate & inform parents of these dates.

## Private Swim Lessons

### Members

1 Lesson	\$45
4 Lessons	\$150
8 Lessons	\$260
16 Lessons	\$480

### Non-Members

1 Lesson	\$50
4 Lessons	\$180
8 Lessons	\$320
16 Lessons	\$600

## Semi-Private Swim Lessons (Price per Swimmer)

### Members

1 Lesson	\$35
4 Lessons	\$110
8 Lessons	\$180
16 Lessons	\$300

### Non-Members

1 Lesson	\$40
4 Lessons	\$140
8 Lessons	\$240
16 Lessons	\$430

**SPRING 2 2018  
SPECIALITY CLASSES  
& PRIVATE/SEMI-  
PRIVATE LESSONS**



### CONTACT US:

**1 Provost Square  
Caldwell, NJ 07006  
973-228-7665**

### Website:

[www.caldwell-nj.com/communitycenter](http://www.caldwell-nj.com/communitycenter)



Please refer to the  
**Spring 2 2018 Swim School**  
trifold for Regular  
Swim School classes.

## SWIM SCHOOL GUIDELINES

- In order to achieve the greatest benefit from swim lessons, attendance at every class is highly recommended. For safety reasons, make-up classes are not available due to instructor/student ratios. Refunds and credits will not be issued due to absences.
- Group Instructors cannot be requested and may be changed at any time due to scheduling, availability or illness.
- To eliminate distractions, parents are allowed to sit on the bleachers but are not allowed to walk around on the pool deck.

## Racing Skills

Pay for 6 class, get 7. The make-up is already built in.

Get ahead of the competition & start focusing on techniques to help you blast off the blocks, power through the underwater dolphin kicking, & explode into your breakouts. Let us teach you how to make the most of your streamline as well as teach you drills on how to improve upon these skills.

### Starts:

- **BODYLINE:** Learn to set your arms, legs and core in a confident and comfortable position for a more powerful start.
- **ENTRY:** Work on eliminating water resistance for the tightest possible entry.
- **BREAKOUT:** Your breakout should be the fastest part of your race! Improve your timing for a smooth breakout.

### Turns and Finishes:

- **TIMING:** Learn to plan your turn several strokes away from the wall.
- **SPEED:** Practice drills for a tight, fast and powerful turn.
- **FINISHES:** Learn to excel your speed into the wall.

**Sunday**  
**10:45am-11:30am**  
**7 Weeks**  
**6/3 to 7/15**

**Members: \$175/Non-Members: \$225**

## Competitive Stroke

Pay for 6 class, get 7. The make-up is already built in.

This class is designed for children who want to join a swim team or want the training and feel of a swim team without the commitment. Prior to joining the class children must be able to swim 50 yards of freestyle with rotary breathing and backstroke. They must also have a basic knowledge of breaststroke and butterfly.

**Tuesday and Fridays**  
**4:30pm-5:15pm**  
**7 Weeks**

**6/5 to 7/14**

**Members: \$275/Non-Members: \$350**

**Saturday**  
**11:00am-12:00pm**  
**7 Weeks**  
**6/2 to 7/14**

**Members: \$200/Non-Members: \$275**